



PRESS RELEASE

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Police Run, Bike, and Swim for a Great Cause

Riverside, CA - The Riverside Police Foundation is hosting the Inaugural RIVERSIDE TRIATHLON. "All proceeds from the triathlon will be used to further community outreach by promoting programs that provide a service to youth," said Riverside Chief of Police Sergio Diaz. "The Foundation was looking at ways to not only raise money to fund these worthwhile programs, but which would also promote our hopes of community involvement."

"The Foundation likes that this event promotes a healthy lifestyle and is something that hundreds of people can participate in," said Judy Cunningham, a Foundation board member and Race Director for the triathlon.

A regular triathlon consists of swimming, biking and running in that order. In a 'reverse triathlon' the order is reversed - running, biking and swimming. "This is a reverse *sprint* triathlon. The distances are about half those of a traditional triathlon, which is perfect for all athletes from the beginner to the advanced," said Coach Tony Troccoli with the Triathlon Connection in Riverside and Rancho Cucamonga. "The nice thing about a sprint triathlon is that it is not intimidating to a person new to the sport and is a perfect training tool for the more advanced triathlete."

"I've been wanting to do a triathlon for a while," says Diana Ayala, a former graduate from North High School, "Now I'm excited to do *my* first at the *inaugural* Riverside triathlon in my own hometown. I was on the cross-country team at North and swam with Riverside Aquatics; so, for me, the bike leg is the challenge."

Cherilyn Simpson, who recently competed in the U.S. Championship Ironman in New York said, "I started my triathlon career doing sprint triathlons and eventually progressed to a full Ironman. I still enjoy competing in sprint distance triathlons, which I like to use as one of my training workouts."

The Riverside Triathlon includes a 5K run down Victoria Avenue to the prestigious Victoria Country Club and back to Bobby Bonds Park, where athletes then transition to

a 12-mile bike ride along one of Riverside's renowned citrus-lined boulevards and back. The event finishes with 150-meter swim in the Bobby Bonds Olympic-sized pool. Contestants will receive a t-shirt as part of their entry package and those who complete the race will also receive a Finisher Medal.

Chip timing with splits will be utilized and a police controlled course will allow for a fast and safe event. For more information about the triathlon, visit www.riversidetriathlon.com.

Race Date & Location:

Sunday, October 21, 2012

Bobby Bonds Park - 2060 University Avenue, Riverside CA 92507

Event Schedule:

6:00-7:30 a.m. Registration / Packet Pick-up

7:45 a.m. Transition Area Closes (fenced)

7:45 a.m. Opening and National Anthem

8:00 a.m. Gun Start

10:45 a.m. Awards and Recognitions